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FRESH PRINCE OF FRESH AIR?

WILL SMITH AND HIS SON, JADEN SMITH, WILL JOIN METRO NEXT MONDAY FOR A SPECIAL EDITION DEDICATED TO EARTH DAY.

PAGE 11

Justin Trudeau, his wife Sophie Gregoire and their children, Xavier and Ella-Grace, celebrate after he won the federal Liberal leadership on Sunday in Ottawa.

ADRIAN WYLD/THE CANADIAN PRESS

Liberals anoint Justin Trudeau

No surprises here.

Runner-up Joyce Murray finished distant second with 10 per cent of vote

Justin Trudeau called for an end to internal Liberal party divisions and an end to the partisan politics of division Sunday night as he was anointed party leader in a landslide, first-ballot win.

Trudeau, eldest son of former prime minister Pierre Trudeau and the Liberals' undisputed star, swept more than 80 per cent of the available points in a final field of six candidates.

Despite the foregone conclusion of Trudeau's coronation, a downtown Ottawa hotel was packed with hundreds of Liberal supporters for the announcement.

"This is the last stop of this campaign but it is the very first stop of the next one," Trudeau told the adoring crowd.

The leadership buzz around Trudeau, 41, has lifted Liberals off the mat after the third-place party suffered its worst electoral defeat ever in 2011.

Polls suggest the telegenic and personable Trudeau appears to be confounding — at least for now — predictions of a polarized, two-way election fight in 2015 between Tom Mulcair's NDP and Stephen Harper's Conservatives.

"We are fed up with leaders who pit Canadians against Canadians. West against East, rich against poor, Quebec against the rest of the country, urban against rural," Trudeau said in his acceptance speech.

"Canadians are looking to us, my friends. They are giving us a chance, hopeful that the party of Wilfrid Laurier can rediscover its sunny ways."

The Conservative party immediately put out a release first congratulating Trudeau on his leadership win and then slamming his inexperience, a theme the ruling party appears likely to plumb repeatedly.

"Justin Trudeau may have a famous last name, but in a time of global economic uncertainty, he doesn't have the judgment or experience to be prime minister," Conservative spokesman Fred DeLorey said.

THE CANADIAN PRESS

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Right to die. Winnipegger plans to end her life in Switzerland

A Manitoba woman is paying a final visit to her son in Europe before her planned visit to a clinic in Switzerland where she hopes to end her life on her own terms.

Susan Griffiths, 72, left her Winnipeg home this week, choosing to travel now before a neurological degenerative disorder overwhelms her body completely.

Griffiths is aiming to spend her final moments later this month at a clinic in Switzerland — the only jurisdiction that allows doctor-assisted suicide for non-residents — and she has gone public with her story in hopes that Canada will change its laws to also allow people to end their lives with medical help.

"If you're in pain, or if you're terminally ill, you just have to wait and wait and probably get all sorts of treatment to keep you alive longer," she told The Canadian Press on Friday from her son's home in Germany.

"I want an option to be brought in by the government where you don't have to go through that."

Griffiths suffers from muscular system atrophy, a deadly disease that has symptoms not unlike Parkinson's — an ever-increasing loss of balance, movement and control of virtually every bodily function.

"The future is totally downhill and totally ghastly, and who on Earth wants to head that way when you have to eventually have everything done for you because you can't lift your limbs or speak or swallow?"

THE CANADIAN PRESS

Suspicious death. Police seek 42-year-old suspect

Winnipeg police are looking for a 42-year-old man who investigators are identifying as a suspect in what is being called a suspicious death.

A police news release says it's believed that Christopher MacKenzie Campbell has travelled to Regina and may be heading further west.

The news release says the death occurred Saturday in the Weston neighbourhood in Winnipeg, but there are no details on the person who was killed. Media is reporting the death as that of Campbell's mother, but that has not been confirmed.

Christopher Campbell
METRO/WPS HANDOUT

Police say Campbell has been treated for a mental illness in the past and caution should be used if approached by him.

THE CANADIAN PRESS

Arrests. Police arrest fake cops in string of robberies

Winnipeg police have three men in custody in connection to a string of strong-arm robberies this month, some of which saw the suspects pretending to be undercover police officers.

Police began investigating after several robberies were reported at various locations in central Winnipeg starting in early April.

In all of the robberies one or two suspects demanded and received an undisclosed amount of cash from their victims, and during some of the robberies the suspects told the victims they were undercover police officers.

None of the victims were injured. METRO

Detained

3

Three men face a slew of charges and have been detained in custody. The trio include: Raymond Dwayne Chartrand, 25, of Winnipeg; Donald Henry Bremaud, 38; and Mark Hurdon, 22, of Winnipeg.

F-35s mean jobs for Winnipeggers: Execs

Tour stop. Lockheed Martin makes pitch for fighter jets

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

A boon for Winnipeg's aerospace industry is how representatives of two companies behind the F-35 fighter jets described their program during a tour stop in the city on Friday.

The Canadian government is currently evaluating its options to replace the aging CF-18 fleet and the F-35 was an early favourite until it ran into some turbulence over the true costs of the planes and how the file has been handled.

Steve O'Bryan, vice president of the F-35 program integration and business development, said the costs of the F-35 are coming down, they're "on track" when it comes to performance indicators and have eight countries under contract to purchase the planes.

"For the Canadian aerospace industry, we have over $450 million under contract today."

O'Bryan said there are more than 70 companies in Canada that are participating in the F-35 program.

One of those companies, Magellan Aerospace, is located in Winnipeg and credits part of its growth to the work it's already contracted to do for Lockheed Martin and the F-35s.

Cost

$75M

Estimated cost, in today's dollars, of the F-35s, with a delivery date of 2020 should Canada choose to purchase them, according to Steve O'Bryan of Lockheed Martin.

Former RCAF pilot Billie Flynn demonstrates the F-35 at Magellan Aerospace in Winnipeg on Friday. BERNICE PONTANILLA/METRO

"For us, it's up to $2 billion worth of revenue over 25 to 30 years of production, so it is employing (200-300)... workers over that time period," said Don Boitson, VP of Magellan Winnipeg.

"Right here in Winnipeg, in order to meet the needs of this demanding program we built a new 138,000-square-foot facility, we've invested over $60 million in capital equipment and we've retrained our employees as well as hired some new employees in order to meet the needs of this new technology."

EFFORTS ARE BEING MADE TO COMBAT BULLYING. TRUST ME

WHAT'S GOOD
Ace Burpee

Another case of cyber-bullying has ended tragically.

Not cool.

The general consensus on cyber-bullying is that it's a young person's game — teens hating on teens — and we are repeatedly imploring the "kids" to stop this behaviour.

Fine, but there is something equally disturbing that I see all the time on social media.

More than occasionally, I will see some of the most vile, harmful, degrading statements ever written, and check to see who is writing it. There, in their self-written bio, the author proudly proclaims that they are a parent.

This is not OK. You are who they learn from. You are engaging in the same behaviour you hope your child is never on the receiving end of.

On the flipside, I've seen first-hand how hard kids and teachers are working at addressing bullying in their schools, and how engaged they are in change. This past week was an incredible example, as open and inclusive discussions were held at various schools in honour of Day of Pink.

These issues would not even have been talked about 15 years ago.

I was at Vincent Massey Collegiate the other day hosting their Mini We-Day, and again saw an amazing group of enlightened, socially aware youth.

Good things are happening, trust me.

So adults, pause for a second and think about what you're putting out there and the example you're setting. It matters. At the same time, just know that the kids aren't all "bad" — far from it.

We're in this together. We can do this.

ACE BURPEE IS A LOCAL WRITER, RADIO SHOW HOST, PRODUCER AND SUPPORTER OF ALL THINGS GOOD.

Winnipeg Jets do fly-by at CMHR

Canadian Museum for Human Rights president and CEO Stuart Murray, second from left, gave six Winnipeg Jets — Grant Clitsome, Jim Slater, Anthony Peluso, Eric Tangradi, Mark Stuart and James Wright — a sneak peek of the museum on Friday. The Jets took time out of the tour to sign hard hats for the construction workers building the $350-million facility, expected to open in 2014. BERNICE PONTANILLA/METRO

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Deaths from bird flu rise in China

New strain. Head of WHO's China office says he expects more cases of H7N9 virus

Two more people have died in China from a new strain of bird flu, raising the death toll from the virus to 13, state media reported Sunday.

The official Xinhua News Agency said the two deaths were reported in Shanghai and that three new cases were also confirmed in the financial hub. A total of 11 new cases were reported Sunday — including two in a central province that previously had been unaffected.

In all, 60 cases of the virus, known as H7N9, have been reported in China.

The two cases reported Sunday followed an announcement Saturday that a seven-year-old girl had become the first person in the capital to be infected with the virus.

A World Health Organization official said Sunday that it wasn't surprising that the virus had spread to Beijing. Michael O'Leary, head of WHO's office in China, said it's not the case that everyone confirmed to be infected was "clustered in one small area."

"We still expect that there will be other cases," he said.

Health officials believe the virus is spreading through direct contact with infected fowl.

O'Leary said "the good news" was that there was still no evidence that humans had passed on the virus to other humans.

"As far as we know, all the cases are individually infected in a sporadic and not connected way," he said, adding that the source of infection was still being investigated. THE ASSOCIATED PRESS

A seven-year-old girl is Beijing's first person infected with the H7N9 strain of bird flu, which has killed 13 so far. She's recovering in hospital. LINTAO ZHANG/GETTY IMAGES

Thousands protest monarchy in Spain

Thousands demonstrated against the Spanish monarchy Sunday to demand the return of a democratically elected head of state — another blow for embattled King Juan Carlos. The marchers thronged a central square in Madrid on the 82nd anniversary of the establishment of Spain's last democratically elected republic, which was overthrown by an army uprising that led to a civil war and the dictatorship of Gen. Francisco Franco. The monarchy's popularity has slumped in recent months, with the king being criticized for going on a safari during Spain's financial crisis, as well as a corruption scandal. ANDRES KUDACKI/THE ASSOCIATED PRESS

Libya extremists. Leader of group tied to Benghazi consulate attack shot

A security official says the leader of an Islamic extremist militia in Libya, suspected of involvement in an attack in Benghazi that killed the U.S. ambassador, has been shot. Sufyan bin Qumu was shot Sunday in the city of Darna, a stronghold of extremists.

The security official says he was taken to a nearby hospital and is in the intensive care unit.

Residents of eastern Libya, where the September attack against the U.S. consulate took place, have been standing up to Ansar al-Shariah. Protesters stormed the group's compound in Benghazi days after the attack. THE ASSOCIATED PRESS

Native Americans. U.S. Supreme Court to hear challenge to adoption law

The U.S. Supreme Court this week will hear a challenge to long-standing federal law on the adoption of Native American children.

The case involves a South Carolina couple fighting for custody of their adopted daughter who was returned to her biological father in Oklahoma.

At issue is the Indian Child Welfare Act, a federal law that gives tribes and relatives a say in decisions affecting children with Native American heritage.

In the current case, to be heard Tuesday, 18 states and 23 current and former members of Congress have filed briefs supporting the law. THE ASSOCIATED PRESS

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Rehtaeh Parsons' death must bring change, say protesters

Teen suicide. Groups say police, parents hold responsibility for tragedy

RUTH DAVENPORT
Metro in Halifax

Local residents and members of an international hacktivist group called for justice and social change during a protest in honour of a Cole Harbour, N.S., teen who took her own life.

"There's a responsibility by the public in the way kids are brought up," said a masked member of Anonymous on Sunday, referring to the four boys who allegedly raped the girl when she was 15.

"But there's also a responsibility by the judicial system to act ... which is not what happened here."

Rehtaeh Parsons killed herself earlier this month, two years after she was allegedly raped and then harassed by classmates. RCMP did not initially lay charges but have said they'll reopen the case, based on new information.

About 100 people joined the protest outside Halifax police headquarters Sunday.

"We urge the RCMP to ... send a very clear message that this behaviour will not be tolerated," said a protester.

In Toronto, a small group held a candlelight vigil at Dundas Square. The participants included victims of sexual violence and a man whose daughter was recently murdered by her ex-boyfriend. They called for change in the way rape and domestic violence are treated by police and the courts.

WITH FILES FROM JESSICA SMITH/METRO IN TORONTO

Enough

"It is time that we start teaching our sons respect so that we're not all teaching our daughters to protect themselves against those sons."

Protester Kim Wall, 45, after sharing several personal anecdotes of sexual violence.

More than 100 people showed up for a protest demanding justice for Rehtaeh Parsons, including her mother, Leah Parsons, second from left, on Sunday. JEFF HARPER/METRO

Canada's polar-bear trade likely aids poachers: Russia

Canada is the only country in the world that allows sport hunting of polar bears. ELISHA DACEY/METRO FILE

Russian officials are becoming increasingly concerned about polar-bear poachers in their country using Canadian documents to disguise illegally hunted pelts.

"I think it is a real problem," said Nikita Ovsyanikov, one of Russia's top polar-bear scientists and a member of the Polar Bear Specialist Group, the leading international research consortium on the animals.

Ovsyanikov claims that Canadian documents required to bring hides into the country are being pulled off shipments and sold separately. The certificates are then applied to skins from Russian bears to make them appear as if they have been legally hunted and imported.

Canada is the only country in the world that allows sport hunting of polar bears, which makes it the only country to issue certificates under the Convention on International Trade in Endangered Species (CITES) that allow polar-bear products to cross borders.

"I'm aware of two cases where not pelts but certificates were offered for sale on the Internet," Ovsyanikov said from Moscow in an interview with The Canadian Press. "The price was $1,000, so it was quite a profitable business."

Russian officials, supported by the International Fund for Animal Welfare, used concerns over the Canadian documents to argue that all trade in polar-bear parts should be banned at the recent CITES meeting in Bangkok.

Environment Canada said it has been monitoring the allegations but has no knowledge of its documents being misused.

THE CANADIAN PRESS

Demand

Polar-bear hides sell in Russia for up to $50,000, researchers say.

- Canadian auction houses have said they can't meet demand for the hides, which mostly go to Russia, and are popular among the country's elite.

$18 million annually

7-year break on gun licence fees to end

The Conservative government is ending a seven-year waiver on gun licence renewal fees next month in an effort to collect about $18 million annually from firearms owners.

The changes that restore the $60 licence fee for non-restricted weapons were quietly posted in the Canada Gazette on the weekend.

Two other measures will be extended by one year: Gun owners who let their possession-only licences expire will still be allowed to re-apply without having to pay to go through a safety course; as will an amnesty on criminal charges for failing to license or register non-restricted weapons for people "who were taking steps to comply."

THE CANADIAN PRESS

British Columbia

Women getting poor HIV care: Study

British Columbian researchers have found that women with HIV-AIDS are more likely than men to receive sub-standard treatment.

Tracking nearly 3,900 people who were starting antiretroviral drug regimens, the B.C. Centre for Excellence in HIV-AIDS found women were 25 per cent more likely to get sub-optimal care.

Nearly half of the women in their first year of treatment hadn't been tested to see if they'd be resistant to the drugs, compared to 36 per cent of cases among men. The study also found that women were given drug regimens that were not recommended for their particular cases nearly twice as often as men. THE CANADIAN PRESS

Quebec

Judges ban tweets, texts, email in court

Quebec courtrooms are set to become Twitter-free zones on Monday.

As other areas weigh whether to allow tweets and texts from inside the courtroom, Quebec judges have decided to end the practice.

The new directives ban emails, tweets and text messages from the courtroom without the consent of a judge, although lawyers and journalists will be able to use electronic devices for taking notes.

In the rest of Canada, rules vary from province to province, but many have opened the door to social media being used in court. This year, Ontario Superior Court allowed tweeting for journalists and lawyers only.

THE CANADIAN PRESS

Somali soldiers carry a wounded civilian from the entrance of Mogadishu's court complex after he was injured during a siege by militants in the Somali capital, Sunday. FARAH ABDI WARSAMEH/THE ASSOCIATED PRESS

Somalia's top court stormed

16 killed. Assault most serious in Mogadishu since al-Shabab was forced out of the capital in August 2011

A barrage of bullets and two car bomb blasts rattled Mogadishu on Sunday when nine al-Shabab Islamic extremists stormed Somalia's main court complex, officials said, in a two-hour attack that shows the country's most dangerous militant group may be down but not defeated.

A preliminary death toll stood at 16, including all nine attackers. Six of the attackers detonated suicide vests and three others were shot and killed during the assault.

The attack on the Supreme Court complex began at around 12:30 p.m., sparking running battles with police and army forces. One car bomb detonated outside the court. The militants took an unknown number of hostages during the siege. Many other government workers and civilians in the court complex hid while fearing for their lives. THE ASSOCIATED PRESS

Declining influence

Al-Shabab controls far less territory today and its influence appears to be on the decline.

- Al-Shabab ruled Mogadishu from 2006 until 2011, when African Union and Somali forces pushed them out of the city. Since then the al-Shabab extremists have launched suicide bombings on the capital city every few weeks.

Syria crisis. Activists say regime airstrikes kill 25, including 12 children

Syrian government warplanes carried out airstrikes on a rebellious neighbourhood in the capital and a village in the country's northeast on Sunday, killing at least 25 people, including a dozen children, activists said.

With its ground forces stretched thin, President Bashar Assad's regime has relied heavily on its fighter jets and helicopters to try to stem rebel advances in the country's civil war. The air raids frequently hit civilian areas, drawing criticism from the international community.

A Human Rights Watch report last week accused the Syrian government of committing war crimes by using indiscriminate and sometimes deliberate airstrikes against civilians, killing at least 4,300 people since the summer.

THE ASSOCIATED PRESS

Saudi Arabia

Prince supports women drivers

Saudi billionaire Prince Alwaleed bin Talal has indicated support of allowing women there to drive. He wrote on his Twitter account that would "save more than 500,000 jobs" and help the kingdom's campaign to cut down on foreign workers.

THE ASSOCIATED PRESS

Venezuela election

Chavez nominee still the favourite

Voters who kept Hugo Chavez in office for 14 years were deciding Sunday whether to elect the devoted lieutenant he chose to carry on the revolution that endeared him to the poor but that many Venezuelans believe is ruining the nation. Nicolas Maduro, 50, is still favoured, but his early big lead in opinion polls halved over the past two weeks. THE ASSOCIATED PRESS

A Venezuelan voter looks for his name Sunday. THE ASSOCIATED PRESS

Guyana

Canadian killed in plane crash

Aviation officials say an American pilot and a Canadian technician died when their small plane crashed into a home shortly after taking off from a municipal airport east of Georgetown. They were doing work for a hydroelectric project in Guyana. THE ASSOCIATED PRESS

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Copyright collective to battle universities

Whose lines are they anyway? Expert says legal action intended to 'scare' schools into re-licensing with agency

There's a battle brewing in the world of Canadian academia.

On one side stands Access Copyright, a collective which has provided institutions access to a pool of protected intellectual work for more than two decades while distributing royalties to the writers, artists and publishers it represents.

On the other is a group of universities who no longer feel the need to pay for the services offered by the collective, opting instead to navigate the world of intellectual property rights without a middle agent.

Simmering tensions are now threatening to boil over as Access Copyright takes one of Canada's largest universities to court — a move some see as a warning to others who've ended relations with the agency.

Access Copyright is taking York U to court. TORSTAR NEWS SERVICE FILE

Access Copyright is claiming Toronto's York University, which opted out of an agreement with the collective, has improperly been reproducing and authorizing the copying of protected works.

The issue goes beyond a single institution though.

To combat unauthorized copying, Access Copyright has also filed two applications to the Copyright Board of Canada requesting tariffs that would require schools and universities that don't have an agreement with Access Copyright to pay to use works the agency handles the rights for.

Institutions wouldn't have to pay the tariff if they have direct licence agreements with publishers, use openly accessible work or copy a portion of a work small enough to be considered "fair dealing."

The entire situation could have wide-ranging implications for students and educational institutions across the country.

"At the end of the day, if Access Copyright is successful — although I have to say that based on where the law is at, that seems unlikely — we're talking about millions and millions of dollars being paid by taxpayers to this group," said Michael Geist, a University of Ottawa law professor who is an expert on intellectual property.

The deal at issue, effective until December 2015, requires institutions to pay $26 per full-time student annually — an increase from a previous rate of $3.38 per full-time student plus a 10-cents-per-page royalty for copying protected works.

THE CANADIAN PRESS

Porter. Fewer hurdles expected for Toronto island airport's new jets

Porter Airlines' expansion plans may be headed for months of turbulence, but not the fierce opposition it faced a decade ago to change at the waterfront airport, says a political observer.

On Wednesday, the airline announced it had placed a conditional order for 12 Bombardier CS100 jets, with 18 options worth about $2.11 billion. The aircraft will allow it to fly to Los Angeles, Florida, Calgary and the Caribbean from Toronto.

The plan stirred vocal opposition from local political and community leaders. But University of Toronto assistant professor Zack Taylor said this time around, the success of the airline may blunt some of the outcry. "This airport is a lot less threatening to people than it used to be," said Taylor, whose focus is on local politics. He said people have become used to the service, except perhaps island residents and those in nearby condos.

He said other issues will likely dominate the next municipal election. THE CANADIAN PRESS

Employees position a model CS100 as Porter Airlines heads Bob Deluce and Don Carty take questions after announcing the purchase of 12 of the jets in Toronto on Wednesday. CHRIS YOUNG/THE CANADIAN PRESS

Canada Revenue Agency

Tax-haven lists prompt disclosures

Wealthy Canadians with money stashed overseas have come forward in droves to confess after secret lists began circulating with the names of people apparently evading taxes in foreign banking havens.

Gail Shea
THE CANADIAN PRESS

The CRA has seen the number of disclosures rise dramatically since 2007, when it received a list from Liechtenstein naming 106 Canadians with accounts in secretive banks there. The agency in 2010 received another list from France with information about more than 1,000 Swiss accounts linked to Canadians.

Revenue Minister Gail Shea is pursuing yet another massive list, acquired recently by the CBC, that the broadcaster says has the names of 450 Canadians with money in foreign tax havens. THE CANADIAN PRESS

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IN NEED OF NASTY NEIGHBOUR LAW?

URBAN COMPASS

Colin Fast
winnipeg@metronews.ca

At some point we've all had a bad neighbour. The wannabe musician who won't turn down his amp. The backyard carpenter who starts hammering at the crack of dawn. Or the gardening enthusiast whose hydroponic lights shine into your bedroom window all night.

But that's nothing compared to what's been happening for the past 15 years on Day Street in Transcona, where the feud between two neighbouring families has included verbal taunts, public moonings, property damage and fist fights.

I guess these folks have been skipping out on the area's annual "Hi Neighbour" Festival.

There's been court action, involvement from multiple city departments, and regular calls to the police.

One neighbour even claims to have been assigned a personal police contact to call whenever there's a problem.

The families appeared before the city's appeal committee last week to argue some more. This time it was about a six-foot-tall fence that one of them installed in the front yard. The fence is too tall according to city bylaws, but councillors agreed to let it stay in the hope that good fences might make for slightly less antagonistic neighbours.

But I've got a better idea: Force these fools to move.

Yes, it's a big penalty, but let's face it, these families have been a big drain on public resources. Police have better things to do than investigate the Case of the Dropped Trousers, and city staff shouldn't be refereeing disputes over damaged flower beds.

Put them in front of a mediator, and if it's clear one of the families is the true nasty neighbour, they should be forced to sell. If both sides are at fault, and can't agree to a peace treaty, then they need to be separated like school kids who can't stop flicking boogers at each other.

This isn't completely uncharted territory. The city already has laws on the books that can force homeowners to mow their lawns, clean up trash or fix broken windows, to maintain neighbourhood livability.

In a worst-case scenario, it can even take over possession of a derelict property that's dragging down surrounding real-estate values.

But there's not a lot the city can do if someone is just a jerk. So when the Golden Rule fails, we need the Nasty Neighbour Law to maintain some order in the 'hood.

Ideally, it wouldn't have to be used that often, as education and the threat of a forced eviction should be enough to restore civility, or convince people they should move along on their own.

But for a case like the Hatfields and McCoys of Day Street, whose feud is costing the rest of us money, it might be time to acknowledge that no fence is tall enough to block the stupidity.

ZOOM

Fluorescent falls light up forest

The future of photos is bright

This spectacular waterfall is a shot from the Neon Luminance series — a collection of photographs using similar techniques. Produced by two young California-based photographers, the series brings the local forest areas to life with creative lighting.

Their method relies on long exposures (seven minutes) and dropping glow sticks into the water at strategic points, in some cases tying several together. METRO

Best falls in California

- **Yosemite Falls.** One of the tallest known falls with a total drop of 2,425 feet — it forms one of the main attractions at Yosemite National Park.
- **Vernal Fall.** A popular but deadly 200-foot fall. Famously powerful, the Vernal causes a startling number of deaths as visitors stray too close.
- **Horsetail Fall.** Another fall situated in Yosemite National Park, it is a well-trafficked hiking route. Often referred to as "firefall" as it glows red in early spring.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

We take a moment to salute crafty Twitter fiction writers who take the brevity and strict character limit forced upon us as a challenge. Here are three of the more reliable sources for entertaining stories squeezed into small spaces.

STEVECOUTTS/FLICKR

@arjunbasu:

A Montreal author with an enviable ability to summon all the humour, wisdom and poignancy 140 characters will allow. Sample: "She uses hurtful words. Words that lead to self-doubt. One day this color combination will be fashionable! I yell, over the sound of the TV."

@crimershow:

If you can tolerate translating the message-board meme speak, Crimer Show is a hilarious cop drama that follows the misspelled exploits of a villainous sunglasses enthusiast and the "detetcive" he nimbly eludes.

@nanoism:

Weekly selections from a longtime curator of single-tweet story submissions come with the added bonus of tipping you off to interesting writers. Sample: "Vows etched on a matchstick. 'What do I do with this?' he asks. Engine running, suitcase in hand, she says, 'Burn it, and think of me.'"

Letters

As a reporter in the Canadian media please take some responsibility in covering issues that affect the daily lives of Canadians.

As I'm sure you are aware, 54,500 Canadians lost their jobs in March, and the government's budget cuts are going to make it harder for Canadians to find work. Finance Minister Flaherty promised the cuts wouldn't affect Canadians, but independent research shows that Human Resources and Skills Development will lose nearly a third of its workforce at a time when Canadians most need training and jobs.

If our government thinks they can hide their plans from public scrutiny they will be more likely to do things that Canadians don't want.

When Prime Minister Harper ran for office in 2006, he promised to clean up Ottawa. He created the Parliamentary Budget Office so Canadians would know what our government is doing with our money. From F-35s to prisons, Kevin Page, our first federal budget watchdog, showed that he could hold government accountable for fiscal mismanagement. But Harper let Kevin Page's term expire just before his government released this secretive and misleading budget, and the entire process to replace him is veiled in secrecy.

Sarah Lowes, Toronto

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

metro

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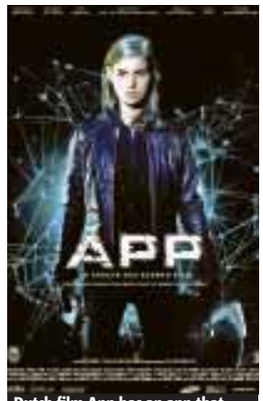
SCENE 2

Phone use in the movies? There's an app for that

Future of film. New horror film's clever use of interactive elements is just the next step in enhancing viewer experience with smartphones

MICHELLE CASTILLO
Metro World News in New York

Apps offer lots of opportunity for interactive elements to complement movies and TV shows. ISTOCK



Dutch film App has an app that viewers download to enhance the movie experience. HANDOUT

What movie actually wants you to whip out your phone while it's playing?

The new horror film App.

Viewers download an app on their smartphones, which uses a digital audio cue — inaudible to human ears — that sends texts and other surprises tied to what's on screen. The film's producer hopes it will "transform cinema around the world."

He's not alone. A survey by Nielsen in June 2012 revealed that 41 per cent of tablet users and 38 per cent of smartphone users fiddle with their devices while watching TV.

Studios believe if they can target the audience to their products, they can not only enhance the viewing experience but gain more viewers.

This isn't the first time we've seen the second screen experience.

U.S. channel AMC offers a Story Sync feature for some of their programs including The Walking Dead and Breaking Bad. Using their wireless devices, users can vote in polls, answer trivia questions and re-watch key moments.

The information updates in real time as the viewer is watching the episode. AMC-owned channel IFC also offers a similar IFC Sync for their program Portlandia.

"Portlandia fans are some of IFC's most engaged viewers and we're excited to give them an even more robust, immediate way to connect with the show and especially with Fred and Carrie," Craig Parks, IFC's vice-president of digital media, said.

Defiance has a first-person shooter game to complement the show. HANDOUT

Now, some companies are branching out into the gaming world.

The plot of the SyFy Channel series Defiance, revolves around a world where humans and aliens live together after years of strife and conflict.

While the TV show explores characters and dramatic storylines, a directly tied first-person shooter video game will allow viewers to fully immerse themselves in the universe.

And Starz's Da Vinci's Demons will offer a video-game-like app called Citizens of Florence that will allow viewers to explore the history of Florence and the legacy of Leonardo da Vinci.

More content will be unlocked as the series progresses and more real people and inventions are introduced.

Almost 50 videos can be unlocked on the app through mini-game challenges throughout the first eight episode run.

President's Choice FINANCIAL presents
Kathy Buckworth
Bestselling Author & Chief Family Advisor, President's Choice Financial
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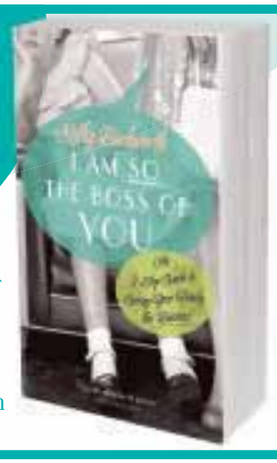

Will and Jaden Smith, here in their film After Earth, will be Metro's guests in the Earth Day edition April 22. HANDOUT

Gettin' jiggy with Earth Day

Metro special guests. Will and Jaden Smith join Metro on April 22

Big news for Big Willie Style fans: Jaden Smith will join forces with his father, Will Smith, as special guests of Metro next Monday, April 22. The Smiths will riff off the theme of "the future," creating exclusive content for Metro in honour of Earth Day and the duo's action film After Earth.

Their film is set on — yes — Earth, 1,000 years after humanity has fled, with Jaden on a mission to find help for his injured dad, battling animals and an alien.

As special guests, Jaden and Will Smith will imagine what the world will look like hundreds of years from now, when it comes to environmental impact, advances in technology and transport, and media.

The pair will also sit for an exclusive Q&A with Metro.

METRO

Justin Bieber ALL PHOTOS: GETTY IMAGES

'Inspired' Justin hopes Anne Frank was a 'belieber'

Justin Bieber visited the Anne Frank House in Amsterdam Saturday. According to the Facebook page for the museum, he wrote the following in the guestbook: "Truly inspiring to be able to come here. Anne was a great girl. Hopefully she would have been a belieber." Of course Anne Frank would have totally been obsessed with you, Justin, if only she could have found the time in between trying to survive the Holocaust and all.

DOROTHY ROBINSON/METRO

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Threesomes, Love and Swift on romance

STARGAZING
Malene Arpe
scene@metronews.ca

James Gandolfini and Steve Carell will star in an HBO movie about feuding paleontologists. How exciting. Dinosaur bonezzzzzzz.

Sears Portrait Studios have closed down. "Dammit," said my mullet and the burgundy jacket with the shoulder pads and gold buttons.

Courtney Love claims she's been approached to become a judge on a TV talent show. Guesses as to which show it may be include X-Factor, The Voice, American Idol and Where The Bleep Am I And Where Are My Bleeping Pants?

Taylor Swift says she doesn't know if she'll ever get married or stay single and "you know, paint in a cottage by the ocean by myself." Or, you know, mutter to yourself in a leaky mansion while surrounded by one-eyed cats.

Russell Brand says he'd like a threesome with the Kardashians. Learning too late that it always pays to be specific, Russell is caught off guard when Kris Jenner and Scott Disick show up.

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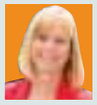
Guidelines: Must be family approved, anything above will not be considered. Previously published stories will not be considered. Genre/Speculative fiction is preferred. Only candidates selected will be contacted
GRAND PRIZE
• Your story published in the Metro
• 1 Weekend Pass to Lit Fest
• Shwag Bag including signed paperbacks, bookmarks & more
• Meet Kelley Armstrong
Second Prize
1 Weekend Pass to C4 Lit Fest
Third Prize
1 Day Pass to C4 Lit Fest
www.c4litfest.com

Travel tidbit

Power down?



IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

A tablet or large screen smartphone is an amazing entertainment and distraction tool when travelling with children, particularly on crowded airplanes, where the "parenting in public" challenges are magnified due to the enclosed space and normally short tempers of the surrounding travellers.

Most planes and some airports still don't have WiFi, so take the time to download games before you leave.

It's also important to remember that all electronics have to be powered down prior to take off and landing, and in some cases this can be half an hour or more. Thirty minutes in "toddler time" is a long time. Don't rely entirely on electronic diversions for the kids, or yourselves.

Take age appropriate reading materials, activities and toys to fill the time. Snacks are a great distraction also, and as there can be unexpected delays, relying on buying food for a hungry little mouth while on board can be risky. Finger foods such as cereal, dried fruit and cut up vegetables can provide tactile and nutritious ways to pass the time.

One final thought: allowing your child to pass the time by practising their soccer kicks on the seat in front of them is not an option. KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH.

Exclusively online

Since your birth, Mommy spends all day, every day, battling the laundry Matterhorn in the basement. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices

Julia Sweeney goes from It's Pat to adventures in motherhood

New book. The former SNL star shares her insight into being a mom to an adopted child in If It's Not One Thing, It's Your Mother

JANE BORDEN
Metro World News in New York

In her new book, Julia Sweeney writes about, among other things, adopting her daughter. GETTY IMAGES

Julia Sweeney titled her new memoir after a pillow embroidered with If It's Not One Thing, It's Your Mother, given to her by her mom that she hated until she had a daughter — who now dislikes the pillow herself.

The former Saturday Night Live (It's Pat!) and Broadway (God Said 'Ha!') star writes about her long path to a nontraditional family with insight and warmth.

Also, refreshingly candid humour: She received her adopted child, Mulan, in China, from a man who entered a crowded ballroom holding the baby aloft in the air, while a muzak version of Celine Dion's My Heart Will Go On played from a boom box.

That must've been an overwhelming and complicated moment. Did you even register the humour of it at the time?
Yes! I was so fixated on it that I missed some of the emotional moment. And that, I would say, is something I do.

You write about investigating your genealogy. How has adopting a child affected your thoughts about it?
I've been in conferences about it and they say, "In this room of 300 people, if you go back five generations, you'll have one person in common with all of you." You're related to everyone. It's terribly meaningful. And also completely meaningless. When I adopted Mulan, I felt like I had to not care about my family history. But then I realized I do care.

I just took my niece and nephew to the cemetery and said, "This is your great grandfather." Mulan added, "And my great grandfather." I replied, "Yes!" But then I thought, "Is it?" It's a grey area.

How does Mulan feel about being in your book?
Right now she likes it, but if we butt heads, she'll say, "And I will resent you for the rest of my days because you wrote that book."

Because of the book, does Mulan like the pillow more?
No! She still hates it. And I just looked at it and thought, I should put it in the next bag to Goodwill. Then I remembered, "Oh no, but it's the pillow! I've infused it with all this meaning now. I guess I have to keep it."

New research

Kids say the darndest things

Children learn to swear before they have mastered the alphabet, according to research from scientists in California.

But they are only following the example of adults, said Dr. Melissa Mohr of the University of Stanford.

English language speakers use a swear word for every 140 words they speak — or 0.7 per cent of the time — her research found. And that's why most children know a profanity by the age of one or two. Although, said Dr. Mohr, the level of juvenile swearing really takes off at the age of three and four.

Her book, Holy Sh*t: A Brief History of Swearing, says the upper classes are just as likely to swear as anyone else, although those identifying as middle class are less likely to.
METRO

Every mother needs a time out

Mothers are so busy taking care of everyone else, that they often put themselves last on the list.

If you are a busy mom, here are some simple ideas to nurture and pamper yourself and keep that inner spark glowing.

Diet and exercise:
Women who eat right and get enough sleep usually experience greater levels of energy, lower levels of stress and increased self-esteem. In fact, some forms of exercise can be fun to do with children too, so everyone can benefit.

Home spa
A woman deserves to be pampered, but she doesn't always have the time or budget to get away for some spa time. Why not turn your bathroom into a home spa to help you enjoy the relaxation and beauty benefits of a sublime soak.

Pursue hobbies
A few hours of pure creative engagement apart from the family (think art class, photography or a pottery workshop) can recharge your batteries.

Build your support network
Who's on your speed dial? Develop a set of close connections you can depend on in a pinch and vice versa.
NEWS CANADA

Most professionals agree that it's important for mothers to aim for balance in their lives. NEWS CANADA

REASONS WHY KIDS NEED CAMP

ISTOCKPHOTO/THINKSTOCK

Anyone who thinks camp is all about fun and games is missing the point, says a professor heading up a five-year study on the impact of camp.

"When people look at camp, they see fun. But that's not what camp is about. What's really important, and the value of the experience, is what kids learn," says Troy Glover, associate professor in the department of recreation and leisure studies at the University of Waterloo.

Education is the No. 1 investment you can provide your kids, and summer camps offer just that. Here are three research proven reasons why giving your child or teen a camp experience should be top on your list.

IMPROVES ACADEMIC ABILITY

Camp makes learning fun, making it an effective learning environment for kids and teens of all ages.

"Camp offers a place of experiential and contextual learning" notes fellow academic Stephen Fine, whose 2005 PhD thesis examined the unique learning environment of residential camp.

"Camps can create specific learning opportunities that can link into the school curriculum. You can use math skills on a ropes challenge course. You can study the environment, physics or astronomy around a campfire. A canoe trip can include a history lesson or a lesson in geography."

BUILDS CONFIDENCE AND SELF-ESTEEM

Both Glover and Fine agree that most important lessons learned at camp have nothing to do with a classroom curriculum.

"Getting up in front of the whole camp to do an announcement or lip synch or perform in a play — people see these activities as trivial, but they are missing the point. They contribute to kids gaining self-confidence in front of a large group," Glover says. Campers learn they are able to do things on their own, without their parents, Fine notes. "They have to take responsibility for themselves, for their space, for their belongings, and their whole self-concept starts to improve."

INCREASES YOUR EMOTIONAL INTELLIGENCE

Linda Cameron, associate professor in the curriculum, teaching and learning department at the Ontario Institute for Studies in Education, sees the chance for social and emotional growth as keys to the camp experience. "Kids can be self-centred. At camp, they learn to be group-centred," she says.

Yummymummyclub.ca is an online resource to help busy women survive motherhood.

A SUMMER OF FUN FOR YOUR RISING STAR

ISTOCKPHOTO/THINKSTOCK

Looking for fun summer activities for your kids to do? Rising Star Academy of Arts offers fun and learning for your active youngsters.

With half- and full-day programs, Rising Star offers a variety of arts related camps. Pretending to be your favourite Disney princess, dancing like Angelina Ballerina or discovering the joys of music in our Music Adventures camp, your three- to five-year-old will have a wonderful week of games, singing, dancing, crafts and snack time.

For ages six and older, join Pop Starz, Rising Star's version of Canadian Idol for the singers. Broadway Bound will put kids on the road to becoming a musical theatre performer or discover different and fun forms of music and dance in World of Music and Dance camp. For experienced, as well as beginner dancers, Rising Star has various dance intensives to offer.

Rising Star also offers before and after care for your camper. If you register by June 30, Rising Star offers you the bonus of receiving a second camp week or a sibling's camp at half of the regular price.

For those experienced dancers looking to keep in shape during the summer, Rising Star will be offering intermediate and advanced level ballet and jazz classes on Tuesday and Thursday evenings.

For more on summer camps and classes please visit risingstaracademy.ca, call 204-669-2369, or email dance@risingstaracademy.ca.

RISING STAR ACADEMY OF ARTS
Dance, Music & Theatre Summer Camps for all ages!
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DANCE YOUR HEART OUT AT RWB

ATTEND TWO-WEEK DANCE INTENSIVE PROGRAM IN AUGUST

If there is an aspiring young dancer in your family, they will no doubt leap at the chance to attend Dance Intensive, a dynamic two-week program offered by the Royal Winnipeg Ballet School's recreational division from Aug. 4-17.

This is an intensive program designed for serious dance students between the ages of nine and 18. No audition is required, however, students must have a minimum of two years ballet training.

Students are placed in ballet classes based on their age and ability, and also attend classes in creative movement, modern dance, jazz, character dance, art, and more.

"Dance Intensive is the only program of its kind in North America," says school director Arlene Minkhorst. "And it's a wonderful opportunity for young dancers to learn new skills and keep in shape during the summer."

ROYAL WINNIPEG BALLET SCHOOL PHOTO

The Royal Winnipeg Ballet School is a beautiful, modern facility with 12 spacious, sprung-floor studios, and a 150-seat performance space.

Physiotherapy and massage services are also available on-site.

The RWB Studios are home to both the RWB Company and the RWB School so students may find themselves sharing an elevator ride with a company dancer. The third-floor observation deck also allows students the opportunity to watch the company in rehearsal.

Linked by a skywalk to the RWB building, the residence provides 24-hour supervision to students and all the comforts of home, including living quarters, student lounges with Internet access, and a dining room where the RWB head chef and kitchen staff prepare healthy and delicious meals. A meal plan may be purchased by students staying off campus.

Tuition for the Dance Intensive program is $945 for students aged nine to 12 and $1,030 for those 13 to 18. With residence and a meal plan, the cost is $1,770 for all ages. All students will receive a Dance Intensive T-shirt when they arrive.

For more details, visit rwb.org/school/rd/summer/danceintensive.

LEARN FROM BEST

Dance Intensive students are taught by a talented roster of teachers from the Royal Winnipeg Ballet School in addition to guest teacher Jane Wooding. Wooding danced with the National Ballet of Canada for six years and includes Mikhail Baryshnikov, Karen Kain, Rudolf Nureyev and Veronica Tennant among her mentors. She is currently a teacher for Canada's National Ballet School Teacher Training Program.

CANADA'S ROYAL WINNIPEG BALLET SCHOOL RECREATIONAL DIVISION

DANCE INTENSIVE

SUMMER DANCE CAMP FOR STUDENTS AGES 9 – 18

DANCE YOUR HEART OUT!

NO AUDITION NECESSARY

AUG 4–17 2013

This elite, concentrated, one-of-a-kind program is guaranteed to improve your abilities with high calibre instruction in a variety of classes.

Get the full experience by staying in the RWB's affordable on-site residence facility.

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OR VISIT rwb.org/school

CANADA'S ROYAL WINNIPEG BALLET
RWB SCHOOL
RECREATIONAL DIVISION
Arlene Minkhorst SCHOOL DIRECTOR

LEARN TO PLAY THE WESMEN WAY

The University of Winnipeg Summer Sport Camps that have been operating for more than 40 years in predominantly basketball and volleyball have expanded to include soccer, wrestling, baseball and multi-sport camps. These camps are tailored to provide an option for all ages up to 18, and for beginners to advanced athletes.

Wesmen Summer Sport Camps have become known for providing top notch instruction in a fun learning environment.

"Having Wesmen athletes, alumni and like-minded coaches pass on their knowledge and experiences to the youth of our province is a beautiful thing," says University of Winnipeg athletic director Doran Reid.

"We think young athletes should learn the skills of their chosen sport in an environment that also includes respect and positive feedback. We are proud to use the catch phrase 'Learn to Play the Wesmen Way' when referring to our camps and clinics."

UNIVERSITY OF WINNIPEG PHOTO

Many campers enjoy the experience of coming to the university and playing on the same court and field as the Winnipeg Wesmen athletes and coaches.

The 2013 Wesmen Summer Sports Camps take place in July and August. Space is still available for all weeklong sessions.

To register, or for more information, visit wesmen.ca or call 204-786-9418.

SPRING INTO FUN WITH PANTHERS GYMNASTICS

Every kid loves to tumble and do cartwheels, and that natural instinct is well-served at Panthers Gymnastics, a long-established club in St. Boniface. Offering recreational and competitive gymnastics to boys and girls from 18 months to 18 years — and adult classes, too — this 600-member, parent-owned business is thriving and even expanding, adding 3,600 square feet to its 11,000-square-foot facility.

Beams, vaults, bars and trampolines (two in-ground) have a home alongside sprung floors, foam pits and a climbing wall, and the added floor space will allow for even more recreational classes in the club's September to June season. Week-long spring break and summer camps are available to those who want more.

More than 80 students of Panthers Gymnastics train and compete at elite levels in provincial, regional and national categories. Training under head coaches Robert Persechino and Helene Desmarais, members have been champs in all divisions —there has even been an Olympian from the club. With more than 30 years of provincial, national and international coaching experience, the pair leads a staff of about 35 dedicated coaches who guide students at every level.

ISTOCKPHOTO/THINKSTOCK

"Whether competitive or recreational, we ultimately remember that here, gymnastics is a fun sport taught in a safe environment," says club administrator Sandra Grevstad.

THE UNIVERSITY OF WINNIPEG WESMEN
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SUMMER 2013
Basketball, volleyball, baseball, soccer, multi-sport and now wrestling summer camps for youth grades 1-12. Everything your athlete could want!
For more information go to:
WWW.WESMEN.CA
OR CALL 786-9418

COOK UP TASTE-TEMPTING TREATS

Kids can cook at Red River College. Not only can kids cook, but they can learn to make delicious meals and snacks in a professional environment under the direction of a real, qualified chef.

Luc Jean is Red River College's chef extraordinaire with world renowned awards and experience from the World Culinary Olympics (2004 silver medallist) to the restaurant of the year, restaurant and catering Queensland, Australia. Budding "Luc Jean's" will learn how to prepare a new culinary delight every morning topped off with a yummy baked treat every afternoon.

The first week of the Kids Cook@RRC experience is offered to eight to 10 year olds, who will prepare recipes for homemade pizza, chicken Parmesan, and homemade spaghetti marinara for lunch. Afternoons are goodie times with taste-tempting desserts such as chocolate cupcakes and banana bread.

The second week is offered to 11 to 13 year olds, who will tackle recipes for a Mexican lunch — picture soft tacos, or house-pulled chicken with the works.

Both groups will bake taste-tempting desserts each afternoon. Best of all, they will be able to bring samples from their culinary experience home for everyone to taste.

All recipes in the Kids Cook@RRC lineup are made from scratch using fresh, local ingredients wherever possible. No processed foods are used in any of the recipes.

Children will learn how to follow a recipe, kitchen safety, kitchen cleanliness, and how to use kitchen equipment under the watchful eyes of Jean and his assistants. Kids will also take part in physical activities and explore the science behind cooking.

Best of all, these future culinary stars will attend the Kids Cook@RRC camp in the beautiful new Patterson GlobalFoods Institute in downtown Winnipeg. Kids will also receive all the camp materials and supplies, lunches and snacks, T-shirts, aprons and their very own chef's hat.

For more information, dates, and times check rrc.ca/kidscamps or email akuntz@rrc.ca. for registration.

CONTRIBUTED

Fun is on the menu this summer
KIDS COOK@RRC SUMMER CAMPS
Let your budding chef learn from Red River College's culinary experts this summer, including:
• fundamentals of food sciences, nutrition, and kitchen safety
• baking—cinnamon buns, cheesecake, and breads—tasty treats to take home
• how to prepare five different lunches... from scratch!
Fun. Physical. Engaging.
Register today at rrc.ca/kidscamps
RED RIVER COLLEGE
OF APPLIED ARTS, SCIENCE AND TECHNOLOGY

EXPERIENCE LASTING MEMORIES

AT CAMP STEPHENS

CONTRIBUTED

In 1963, a few people at the YMCA came up with the idea of sending young people on canoe trips with experienced leaders.

The idea was to give participants a true wilderness experience, building leadership, confidence and lifelong friendships.

Thousands of young people have experienced wilderness canoe trips since that first summer. Be it a two-week or six-week trip, participants come home as changed individuals with memories that will last them a lifetime.

2013 marks 50 years of wilderness canoe trips and 122 years of camping at Camp Stephens. Camp is a place where children are encouraged to leave behind the world of technology and, instead, open their eyes to another way of life.

On canoe trips, kids live in close proximity to each other for extended periods of time with little place to hide. These intense times of social interaction are important to develop and teach kids the necessary coping skills for life.

Whether you are lugging a canoe over a portage, baking cinnamon buns over a campfire or listening to a loon's cry at sunset on a remote lake, children participate in real adventure at Camp Stephens. These adventures are the catalyst the camp uses to build healthy communities and develop children into young men and women.

The camp continues its strong history of camping and canoe tripping with more than 1,000 children attending YMCA-YWCA Camp Stephens each summer.

Join Camp Stephens this summer in one of its many exciting camps for a life-changing summer.

For more information about the 50th anniversary celebrations or to register your child for camp, please visit ywinnipegcamps.com.

YMCA-YWCA of Winnipeg
Camps

CITY-CENTRED DAY CAMP **for Fun and Adventure** (For children 4-17 years)

- Winter, Spring Break and Summer Day Camps available.
- Full-day fun and adventure Day Camp and Kinder Camp for children 4-12 years.
- Leadership Camp for teens 12-17 years promises opportunities and challenges to develop young leadership skills.
- Our community-centred day camps offer a wide range of supervised, fun, indoor and outdoor activities (gym & swimming, high energy games, crafts and theme days), to keep your child active and engaged all day long!
- Weekly excursions to a variety of destinations including our newest camp, Camp Douglas in Woodlands, Manitoba.
- Available at the Downtown, Elmwood-Kildonan, South and West Portage locations.

LEGENDARY CAMP STEPHENS
On Lake of the Woods (For children 8-17 years)

- A fun, island-camp experience on beautiful Lake of the Woods near Kenora, Ontario.
- Experienced camp counsellors, superior facilities and exciting programs including leadership skills, canoeing, sailing, swimming, high ropes and more.
- Camp resident and wilderness adventure programs (one to six weeks).

THE EXCITING NEW CAMP DOUGLAS...
Close to Home, Far from Ordinary
(For children 6-17 years)

- A new, four-season camp on 40 acres of forested land just 34 km northwest of Winnipeg.
- Exciting activities, including climbing wall, high-ropes course, outdoor swimming pool with water slides, a mini-golf course, bikes and trails, create unforgettable camp adventures for your child.
- Along with our week-long camps for 6-14 year olds, Camp Douglas also offers Teen Leadership camping programs for youth aged 13-17 years.

A United Way Agency Partner

For more information or to register, visit www.ywinnipeg.ca

Spring bites: Grilled Lamb with Artichoke Lemon Sauce

1. Set aside 1 tsp of chopped rosemary. In wide, shallow bowl combine remaining rosemary, garlic, 1/2 tsp salt and 1 tbsp olive oil. Add lamb and coat well on all sides with herb mix. Cover and chill for at least 1 hour, and up to overnight.

2. Set oven rack 4 inches from broiler heating element. Heat oven to broil.

3. In bowl, toss artichokes with remaining 2 tsp oil and salt and pepper to taste. Arrange artichokes in single layer on rimmed baking sheet. Broil, turning several times, until golden around the edges, about 4 mins. Remove pan from the broiler and set aside.

4. In saucepan over medium, heat chicken broth until simmering. In bowl whisk egg yolk, lemon juice, reserved tsp rosemary and cornstarch. Add a little chicken stock to mix in stream, whisking. Add egg mix back to chicken stock and cook 1 min. Season with salt and pepper, then stir in artichokes. Keep warm over low heat.

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

5. Heat grill or a grill pan over medium-high heat. Wipe off most herb mix from lamb and spray meat with olive oil cooking spray. Add lamb to grill pan. Reduce heat to medium and cook, turning once, about 4 mins. per side for medium-rare. Transfer lamb to plate, cover loosely with foil; let rest 5 mins.

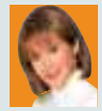
6. Slice lamb against grain into slices about 1/4-inch thick. Add lamb juices from plate to artichoke lemon sauce. Divide lamb between 4 plates and spoon sauce over each. **THE ASSOCIATED PRESS/SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

Ingredients

- 3 tbsp finely chopped fresh rosemary leaves, divided
- 2 cloves garlic, minced
- Kosher salt
- 1 tbsp plus 2 tsp extra-virgin olive oil, divided
- 1 lb lamb steaks cut from leg
- 1 cup artichoke hearts, patted dry and chopped (frozen is best)
- Black pepper
- 1 cup low-sodium chicken broth
- 1 large egg yolk
- 1 tbsp fresh lemon juice
- 1 tbsp cornstarch

Healthy eating

Choose it and lose it



ROSE REISMAN
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Everyone's favourite Canadian coffee shop has so many delicious treats to choose from. But you should know what you're biting into.

Tim Hortons old fashioned glazed doughnut

320 calories/19 g fat /22 g sugar
Made without yeast, this is more dense, resulting in higher calories, fat and sugar.

Equivalent

One Tim Hortons old-fashioned glazed doughnut is equal in fat to 13 Special K chocolate delight granola bars.

Tim Hortons honey dip yeast doughnut

210 calories / 8 g fat / 11 g sugar
The yeast allows for a lighter doughnut, which has half the fat and sugar.

Is your lecturer leaning to the left?

Politics at the college podium. Professor Neil Gross looks at the political side of higher education in his book

BRUCE WALSH
Metro World News

In 2005 Neil Gross was teaching at Harvard University when then-president Larry Summers made controversial remarks regarding the intellectual ability of women in STEM fields.

The debate that followed inspired his latest book, Why Are Professors Liberal, and Why Do Conservatives Care?

"Outside the academy, conservatives felt that the hullabaloo was evidence that liberal political correctness reigned," says Gross.

"I wanted to know if this was really true. Are professors really liberal?"

The short answer, he found, was yes.

After combing through the most reliable data, college professors did tend to be slightly more left-leaning than the general public.

The reasons why this was the case proved to be far more complicated.

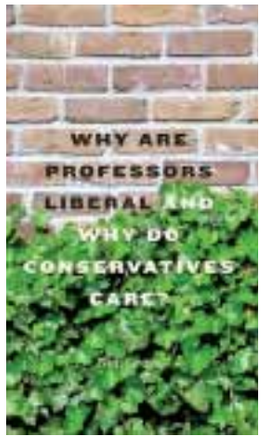
In interviews with both liberal and conservative faculty, Gross discovered self-serving explanations on both sides of the aisle.

"On the left, you hear professors saying that conservatives are more interested in making money, so that leads them away from academia ... But the research is pretty clear that, actually, students that are most interested in money have very little political leaning one way or the other," explains Gross.

For a deeper understanding, he offers the development of the secular university in the 19th and 20th centuries and the reformist tradition that gained steam alongside it. (Yes, it's complicated.)

At the end of this journey, Gross realizes the answer to this riddle is not nearly as important as debunking the perceptions surrounding it.

"I think we need to have more forums on campus where students and faculty are encouraged to discuss politics across party lines."



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Take notes and own your mistakes

Cruise through the critique. Everyone needs feedback, but not everyone faces the facts effectively

YLVA VAN BUUREN
CareerBear.com

Take the advice and run with it: "If someone tells you that you can do better, take their advice in good measure because they most likely see some potential that has yet to be realized," says Jerabek. ISTOCK

Your performance review is booked for next week, and you're starting to panic. Remember this: every professional faces criticism, and the way you react to it can help you grow or hinder your success, says Dr. Ilona Jerabek, president and CEO of PsychTests.com. "Constructive criticism is always worth considering regardless of whether you initially agree with it or not."

Here's advice on how to get the most of your next performance review.

Leave your ego at the door
Everyone wants to hear that they're doing a great job. "But we all have flaws and we need to accept that and realize we won't ever reach perfection," says Jerabek. There will always be something you can improve on. Use feedback to learn what that is.

Be gracious
You're likely going to hear positive comments first, and it's important to pat yourself on the back and let them sink in. "People tend to listen for the worst and pay more attention to that than the positive," says Jerabek.

Actively listen — and learn
Professional growth is based on knowing where you can improve. Listen to criticism with an open mind. Was it a decision you made or a behaviour that you displayed that you don't realize is problematic? If you don't understand a point the appraiser is trying to make, ask for more information. For example: "Can you provide an example of when you felt I didn't handle a project well?"

Own your mistakes and learn from them
Any "mistake" you might have made will come up during the discussion. Jerabek recommends you acknowledge the mistake but don't beat yourself up over it. "Hopefully you have made good since it happened. Also, make sure your boss can see that you understand what happened, why it happened, and the consequences. Then, (think about) the steps you will take so something like that never happens again."

Take notes
A performance review is emotionally charged for most people and that can often make you feel flustered. Capture what is being said by taking notes — so you can refer back to them for what was said, instead of what you remember being said.

Make that change

Share the responsibility for evolving

- If you need to make changes (you see how a problem is affecting function of the team or performance of the company or customers), develop a strategy and set goals for next year.
- In figuring out an action plan, be sure to ask for assistance from your boss, such as coaching, additional training or self-help resources.

The great web of work

- Career Bear is Canada's premier source for people who want a new career but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.

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We are seeking the following positions to serve the Winnipeg area, HCA, HSW, RN and LPN. If you are interested in this opportunity please join us for our open house to be held on April 17 and 18. Interviews will be held on a first come first serve basis. Be sure to bring the following items: up to date resume, two references and child abuse registry check.

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Wednesday, April 17 and Thursday, April 18
9am - 7pm

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Precautions. Your home is a valuable asset

With spring underway, it's a time when many Canadians start looking for a new home or thinking about renovations. Either way, it's an ideal time to start thinking about home insurance.

"Your home is your most valuable asset. With severe weather on the rise, it is more critical than ever to ensure that your home is properly protected," says Ralph Palumbo, vice-president, Ontario, Insurance Bureau of Canada (IBC). "If your home is ever damaged or destroyed, it's very important that it is insured to its accurate replacement value. Taking a few insurance precautions now can help get you through a very hectic time if you do need to make a claim."

The IBC recommends:

- Whenever you increase the value of your home through renovations or new content purchases (such as artwork, jewelry), notify your insurance professional as soon as possible to ensure you have adequate coverage.
- Know your policy renewal date and allow yourself at least 60 days to review your coverage with your insurance professional.
- Make a list of key details about your home and contents as that information may be needed when calculating the amount of insurance you need.
- If you are in the process of moving and packing up your possessions, it's an ideal time to do a home inventory. This may help you determine the right amount coverage you need. Take pictures or video your possessions since that information can be helpful in the event of a claim.
- Read your policy carefully. Ask questions. Have your insurance representative explain certain exclusions on your policy. Know what isn't covered.
- In the event you have a claim, know the amount of your policy deductible. Talk to your insurance representative about any deductible adjustments and the impact it could have on your policy.
- Shopping for insurance of any kind is always recommended. It's important to compare prices and products finding the right policy that fits your needs. If you find one that fits your needs better then it's best to wait until your existing policy expires before changing companies to avoid any possible midterm cancellation fees.

INSURANCE BUREAU OF CANADA

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You can help combat insurance fraud by reporting any suspicious activity. ISTOCKPHOTO/THINKSTOCK

Steer away from insurance fraud

Take the time. Report the crime. That's the message to consumers from Insurance Bureau of Canada (IBC).

IBC's goal is to reduce insurance fraud. According to the Ontario Auto Insurance Anti-Fraud Task Force Final Report, auto insurance fraud in Ontario is estimated to cost consumers up to $1.6 billion per year in insurance premiums. These estimated costs do not include additional health-care, emergency services and court costs.

"Consumers can help by learning about the different types of insurance fraud and then reporting any suspicious activity," says Rick Dubin, IBC's vice-president of investigations. "When someone makes a false or exaggerated claim, honest policyholders pay for it. We all have an interest in reducing insurance fraud."

Five common types of insurance fraud are:

1. Unscrupulous auto repair shops that intentionally cause additional damage to a vehicle involved in an accident or bill several different insurers for repairing the same prior damage to a vehicle;
2. Medical clinics that ask claimants to sign blank accident benefit forms, then bill insurers for services never provided;
3. Individuals who privately sell a stolen vehicle to an unsuspecting consumer after changing the vehicle identification number to hide its true identity;
4. Collisions that don't seem to make sense, where a driver intentionally causes a collision with an unsuspecting driver and makes it look as if the innocent driver is at fault for the collision;
5. Medical clinics that forge the signatures of legitimate medical practitioners and use their names and college registration numbers without their knowledge or consent on accident benefit forms and then bill insurers for services never provided.

INSURANCE BUREAU OF CANADA

NHL

Crawford outduels Elliot as Hawks stop Blues

Corey Crawford came away with the shutout in this one, not Brian Elliott.

Chicago's goalie stopped 30 shots and Bryan Bickell and Marian Hossa scored to lead the Blackhawks to a 2-0 win over the St. Louis Blues on Sunday, ending Elliott's bid for a fourth straight shutout.

Elliott had shut out the Red Wings, Predators and Wild in succession on the road for a franchise-record scoreless run of 189 minutes and 23 seconds. His overall shutout string ended at 214 minutes in the second period.

THE ASSOCIATED PRESS

Marian Hossa, left, and Corey Crawford celebrate Sunday's win in Chicago. THE ASSOCIATED PRESS

NBA

Heat too hot for Bulls in Miami

LeBron James scored 24 points, Dwyane Wade added 22 and the Miami Heat set a franchise record for home wins in a season (36), topping the Chicago Bulls 105-93 on Sunday.

Mario Chalmers and Chris Andersen each scored 15 for Miami.

THE ASSOCIATED PRESS

Adam Scott celebrates alongside caddie Steve Williams after making a birdie putt on the second sudden-death playoff hole to defeat Angel Cabrera to win the Masters on Sunday in Augusta, Ga. ANDREW REDINGTON/GETTY IMAGES

Adam rises above Angel at Augusta

Golf. Aussie Scott makes up for British Open meltdown with steely Masters win over Cabrera in sudden-death

Adam Scott became the first Australian to win the Masters, beating Angel Cabrera on the second hole of a playoff on a soggy Sunday at Augusta National.

The Masters went to a sudden-death playoff for the second year in a row when Scott and Cabrera made matching birdies on the 72nd hole.

They both made par on the first extra hole, returning to No. 18, before Scott rolled in a 12-footer for birdie to win it.

Scott pumped his fists in the air, screaming toward the grey, darkening sky, and embraced caddie Steve Williams, who was on the bag for 13 of Tiger Woods' 14 major titles.

For Scott, this is the first, making up for his major meltdown at last year's British Open, where he bogeyed the last four holes to lose by a stroke to Ernie Els.

"I found my way today," Scott said.

Scott, playing in the next-to-last group, made a 20-foot putt at 18 and celebrated with Williams as if it were over. Cabrera, in the final group, watched from the fairway knowing he had to hit a brilliant shot.

He did.

Cabrera's ball pulled up three feet from the cup for an easy birdie that sent the two players to the playoff tied at 9-under 279.

"That's how golf is," said Cabrera, who was denied his third major title. "I had some issues during the course but I came back."

THE ASSOCIATED PRESS

Tiger tails off

Tiger Woods came up short again. He hasn't won the Masters since 2005, or any major since 2008.

Tiger Woods
GETTY IMAGES

- "I had a hard time getting accustomed to the speed," said Woods, who finished in a tie for fourth at 283. "Every putt I left short for probably the first eight holes."

Jays explore shifting Lawrie to second

Jays shortstop Munenori Kawasaki slides safely into second past Royals shortstop Alcides Escobar on Sunday in Kansas City. JAMIE SQUIRE/GETTY IMAGES

With Jose Reyes' injured left ankle exposing their lack of infield depth, the Toronto Blue Jays are experimenting with playing Brett Lawrie at second base as he continues to work his way back to the big leagues from an oblique injury.

Lawrie, who played his first two pro seasons at second in the Milwaukee Brewers farm system, started at the position on Sunday for the Class-A Dunedin Blue Jays.

"Missed playin 2nd!!" Lawrie wrote on Twitter after the game. "Love to have that feel back!!"

If Lawrie looks all right at second, the Jays might use him there when he returns to the club while keeping Jose Bautista at third, general manager Alex Anthopoulos said.

"It's not something we're ready to commit to, it's just more of a chance to do it and this is probably as good a time as any."

TORSTAR NEWS SERVICE

Jays fall in Kansas City

Alex Gordon drove home Chris Getz with a single in the ninth inning, and the Kansas City Royals beat the Toronto Blue Jays 3-2 on Sunday.

- The Blue Jays also lost star shortstop Jose Reyes until the all-star break after he severely sprained his left ankle sliding into second Friday. THE ASSOCIATED PRESS

4 SPORTS

Noel's success hasn't come easy

NHL. Jets head coach has earned his stripes with hard work

Winnipeg Jets coach Claude Noel was talking about his team's struggles late last month as success started to become scarcer on the ice, but he might have been summarizing his own career.

"If it was easy, everybody would be at the top," he said after the Jets dropped two in a row to their Southeast Division rivals the Washington Capitals.

"You have to earn your way to the top."

Now, after winning three in a row to put themselves back in the hunt for an elusive playoff spot, Noel and the Jets are earning their way game by game and have the bruises to show it certainly isn't easy.

With almost 40 years in professional hockey, 20 as a coach, Noel is where he wants to be as head coach of an NHL team. You could never call him an overnight success.

Claude Noel
GETTY IMAGES

Born in Kirkland Lake, Ont., in 1955, Noel's dreams of the NHL as a player fell short. He played only seven games in 1979-80 with the Capitals.

His playing career ended in 1988 and his coaching career began in earnest with ECHL, IHL and AHL teams. As a coach he won the Calder Cup and also coach-of-the-year honours with the Milwaukee Admirals.

He finally made the NHL with the Columbus Blue Jackets, including part of a season as interim head coach in February 2010.

He landed the job with the new Winnipeg Jets organization as their first head coach for the 2011-12 season. The Jets admired his strengths as a teacher for a young team that had made the playoffs exactly once during its history in Atlanta.

Teaching is something he tries to do, and like many good teachers he has a gentle, self-deprecating sense of humour. But he also brings a player's understanding to his ability to effect change.

"It's way different playing than it is being a coach," he says. "You have a way different feel for what's actually going on on the ice than you do when you're behind the bench."

THE CANADIAN PRESS

Alonso takes off in China

Ferrari driver Fernando Alonso celebrates winning the Formula One Chinese Grand Prix with his girlfriend, Dasha Kapustina, in Shanghai on Sunday. Alonso took the lead for good with 13 laps to go and won by 10 seconds ahead of Lotus' Kimi Raikkonen.

NG HAN GUAN/THE ASSOCIATED PRESS

NHL

Enroth helps Sabres cut through Bolts

Jhonas Enroth stopped 32 shots in helping the Buffalo Sabres keep up their late-season playoff push with a 3-1 win over the slumping Tampa Bay Lightning on Sunday.

Tyler Ennis, with his first goal in 12 games, Jochen Hecht and Kevin Porter scored for Buffalo (18-19-6), which took over sole possession of 10th place in the Eastern Conference — four points behind the eighth-place New York Rangers.

Benoit Pouliot scored for the Lightning, who dropped to 1-4-1 in their past six. Tampa Bay has particularly struggled on the road, where it's winless in four straight (0-3-1) and 1-6-1 in the last eight.

Enroth stopped the first 16 shots he faced before allowing his first goal in two games with 6:30 left in the second period. THE ASSOCIATED PRESS

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NBA

EASTERN CONFERENCE

	W	L	Pct	GB
z-Miami	64	16	.800	—
y-New York	53	27	.663	11
y-Indiana	49	31	.613	15
x-Brooklyn	47	33	.588	17
x-Atlanta	44	36	.550	20
x-Chicago	43	37	.538	21
x-Boston	41	39	.513	23
x-Milwaukee	37	43	.463	27
Philadelphia	33	47	.413	31
Toronto	32	48	.400	32
Washington	29	51	.363	35
Detroit	28	52	.350	36
Cleveland	24	56	.300	40
Orlando	20	60	.250	44
Charlotte	19	61	.238	45

WESTERN CONFERENCE

	W	L	Pct	GB
y-Oklahoma City	59	21	.738	—
y-San Antonio	58	21	.734	½
x-Denver	55	25	.688	4
y-L.A. Clippers	54	26	.675	5
x-Memphis	54	26	.675	5
x-Houston	45	35	.563	14
x-Golden State	45	35	.563	14
L.A. Lakers	43	37	.538	16
Utah	42	38	.525	17
Dallas	40	40	.500	19
Portland	33	47	.413	26
Minnesota	30	50	.375	29
Sacramento	28	52	.350	31
New Orleans	27	54	.333	32½
Phoenix	24	56	.300	35

x — clinched playoff berth z — clinched conference
y — clinched division

SUNDAY'S RESULTS

Miami 105 Chicago 93
New York 90, Indiana 80
Philadelphia 91 Cleveland 77
Toronto 93 Brooklyn 87
Denver 118 Portland 109
Dallas 107 New Orleans 89
Sacramento at Houston
San Antonio at L.A. Lakers

SATURDAY'S RESULTS

Boston 120 Orlando 88
Charlotte 95 Milwaukee 85
Minnesota 105 Phoenix 93
L.A. Clippers 91 Memphis 87

NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pt
dx-Pittsburgh	42	32	10	0	0	141	102	64
dx-Montreal	41	26	10	3	2	128	100	57
d-Washington	42	23	17	2	0	129	118	48
Boston	41	26	11	2	2	116	91	56
Toronto	41	23	13	0	5	128	113	51
Ottawa	41	21	14	2	4	101	89	48
NY Islanders	42	21	16	4	1	119	122	47
NY Rangers	41	21	16	0	4	100	96	46
Winnipeg	42	21	19	0	2	109	123	44
Buffalo	43	18	19	2	4	111	128	42
New Jersey	41	15	16	3	7	96	113	40
Philadelphia	41	17	21	1	2	108	126	37
Tampa Bay	42	17	22	1	2	133	131	37
Carolina	41	17	22	1	1	107	131	36
Florida	41	13	22	5	1	99	142	32

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pt
dx-Chicago	41	32	5	0	4	134	85	68
d-Anaheim	42	27	10	2	3	125	105	59
d-Vancouver	41	23	12	1	5	112	100	52
Los Angeles	42	24	14	1	3	120	104	52
San Jose	41	21	13	3	4	102	102	49
St. Louis	41	23	16	1	1	110	104	48
Minnesota	41	22	16	1	2	105	103	47
Detroit	42	20	15	3	4	106	107	47
Dallas	41	21	17	2	1	116	121	45
Columbus	42	19	16	3	4	102	107	45
Phoenix	41	18	16	3	4	110	110	43
Edmonton	41	16	18	4	3	103	115	39
Nashville	43	15	20	2	6	98	118	38
Calgary	41	16	21	1	3	110	141	36
Colorado	42	14	22	4	2	100	131	34

x — clinched playoff berth y — clinched division

Sunday's results

Chicago 2 St. Louis 0
Buffalo 3 Tampa Bay 1
Detroit 3 Nashville 0

Saturday's results

Buffalo 1 Philadelphia 0
Colorado 4 Vancouver 3
Carolina 4 Boston 2
NY Rangers 1 NY Islanders 0 (OT)
Toronto 5 Montreal 1
Washington 6 Tampa Bay 5 (OT)
Pittsburgh 3 Florida 1
Columbus 3 Minnesota 2 (SO)
Dallas 2 San Jose 1
Calgary 4 Edmonton 1
Los Angeles 2 Anaheim 1

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	7	4	.636	—
Baltimore	6	5	.545	1
New York	5	5	.500	1½
Toronto	5	7	.417	2½
Tampa Bay	4	7	.364	3

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	7	5	.583	—
Kansas City	7	5	.583	—
Cleveland	5	6	.455	1½
Chicago	5	7	.417	2
Minnesota	4	7	.364	2½

WEST DIVISION

	W	L	Pct	GB
Oakland	9	4	.692	—
Texas	8	5	.615	1
Seattle	6	8	.429	3½
Houston	4	8	.333	4½
Los Angeles	4	8	.333	4½

SUNDAY'S RESULTS

Chicago White Sox 3 Cleveland 1
Boston 5 Tampa Bay 0
N.Y. Mets at Minnesota postponed
Kansas City 3 Toronto 2
L.A. Angels 4 Houston 1
Detroit 10 Oakland 1
Seattle 4 Texas 3
Baltimore at N.Y. Yankees

SATURDAY'S RESULTS

Boston 2 Tampa Bay 1 (10)
Detroit 7 Oakland 3
Cleveland 9 Chicago White Sox 4
Baltimore 5 N.Y. Yankees 3
N.Y. Mets 4 Minnesota 2
Toronto 3 Kansas City 2
L.A. Angels 5 Houston 4
Texas 3 Seattle 1

GOLF

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Angel Cabrera, $864,000	71-69-69-70—279
Jason Day, $544,000	70-68-73-70—281
Marc Leishman, $352,000	66-73-72-72—283
Tiger Woods, $352,000	70-73-70-70—283
Brandt Snedeker, $278,000	70-70-69-75—284
Thorbjorn Olesen, $278,000	78-70-68-68—284
Matt Kuchar, $232,000	68-75-69-73—285
Sergio Garcia, $232,000	66-76-73-70—285
Lee Westwood, $232,000	70-71-73-71—285

Horoscopes

♈ Aries
March 21 - April 20
The Sun, Venus and Mars all leave your sign over the coming week, suggesting a major change of emphasis in your life events. Put simply: you've had your fun, now you must find ways to pay for it.

♉ Taurus
April 21 - May 21
No matter how much fun you are having at the moment the real fun has hardly begun.

♊ Gemini
May 22 - June 21
Luck will come your way when you most need it this week, so don't worry about how you are going to pay your way because the universe will provide. You've still got to make some effort though.

♋ Cancer
June 22 - July 23
Your likes and dislikes will be clear for all to see over the next few days. Don't try to hide them

♌ Leo
July 24 - Aug. 23
You need to transform the working pattern of your life and the planets will help you in a big way over the next seven days. You don't have to do much yourself – just expect opportunities and act quickly when they arrive.

♍ Virgo
Aug. 24 - Sept. 23
There will be several opportunities to indulge your desires this coming week, and you should take advantage of each and every one of them. Life is supposed to be fun, so make having a good time your top priority.

♎ Libra
Sept. 24 - Oct. 23
This could be and should be a fortunate time for you but you must also be careful. There is a tendency to take too much for granted and maybe overextend yourself financially. Remember your Libra sense of balance.

♏ Scorpio
Oct. 24 - Nov. 22
Spend more time with partners and loved ones and relatives. You are so plugged into life and it's many possibilities that you sometimes neglect those who really count. Make it up to them – put them first today.

♐ Sagittarius
Nov. 23 - Dec. 21
You must not, repeat not, push yourself beyond your limits over the next few days.

♑ Capricorn
Dec. 22 - Jan. 20
There are various times when it all comes together and this is one of them. Over the next few days you will find that your energy peaks and you have more enthusiasm for life in general – and creativity in particular.

♒ Aquarius
Jan. 21 - Feb. 19
The cosmic emphasis is about to shift to domestic matters but there is still time to do something special in the world.

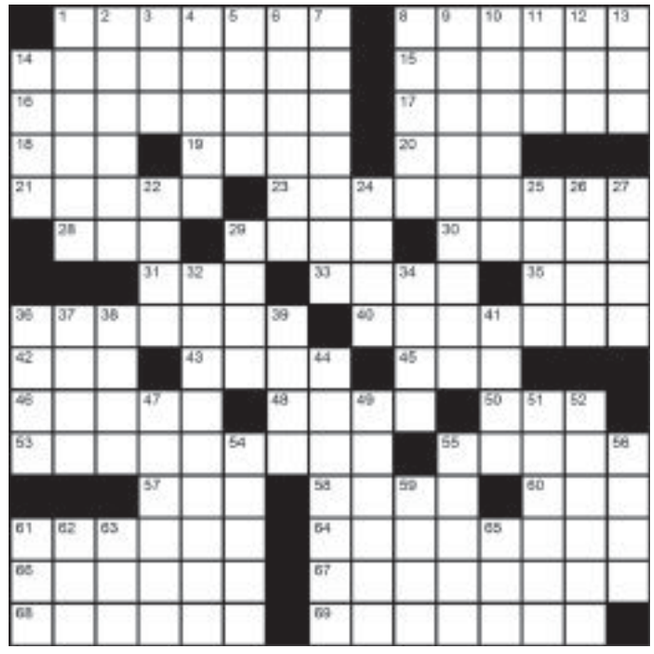
♓ Pisces
Feb. 20 - March 20
Get moving quickly today because once you get going you won't want to stop and you will accomplish much more than you expected.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



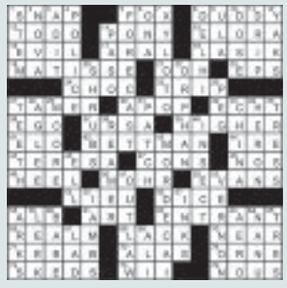
Across

1. April 15th, 1912: RMS __
8. Picturesque
14. North Vancouver attraction, __ Suspension Bridge
15. Skill
16. Turbulence
17. Pencil part
18. Prefix to 'hazard'
19. Evening, in Italy
20. Prefix to 'culture' (Beekeeping)
21. Accounting firm, __ & Young
23. Loser in a numbers game: 3 wds.
28. Envision
29. Move to and fro
30. Curt
31. "Gotcha!"
33. Comedian Mr. Meyers
35. Maiden name indicator
36. Belfast shipyard that built #1-Across, __ and Wolff
40. Grooms-to-be, maybe
42. "I ___ bit hungry, actually."
43. Time __ __ the essence
45. Lamb's laugh
46. Raring to go
48. Construct
50. 6s, Roman-style
53. __, Manitoba (Polar Bear Capital of the World)
55. Golden coatings
57. Bar brew
58. Four-ringed logo car
60. 'San' add-on (Ms. Bullock)
61. "Lawrence of __" (1962)
64. Where many of the unsinkable ship's victims are buried in Halifax, __ Lawn Cemetery
66. Create, like Michelangelo
67. Closed-off areas
68. Strife
69. "__ ___ forget that..." (We should remember...)

Down

1. Fleshy-snouted animals
2. Apple product
3. Neckwear
4. "Take ___ look around."
5. Place for pews
6. One after another: 3 wds.
7. Pina drinks, like the '70s song
8. Prepare, as broccoli
9. Ship that rescued Captain Smith's ship's survivors
10. "Seinfeld" role
11. Belonging to Omaha's li'l state
12. 'Comb' completer (Put together)
13. Middle, mini-ly
14. Rubik's __
22. Fancy envelope's waxy blob
24. Salon supplies
25. Yes __ __ question
26. __-friendly (Easy to operate)
27. Starts to golf, __ up
29. Without
32. Barrettes: 2 wds.
34. Toothpaste holder
36. Hic, __, hoc
37. Type of nurse-maid
38. Spaghetti sauce brand
39. Two music notes flanking Re
41. Rudyard Kipling tale, Rikki-Tikki-__
44. Popular Mideast chickpea dish
47. Maple: French
49. __ National Park and Reserve, in the Yukon
51. Simon Cowell's 'popera' quartet: 2 wds.
52. Heartbreak Hotel's locale, Lonely __
54. Preliminary races
55. The Spice __
56. Cuts
59. Book of word meanings, for short
61. Burdened beast
62. Purchaser's li'l slip
63. 'Cent' add-on (Man/horse creature)
65. Vehicle variety

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		1	9			4		
8	7			5	6			
6			4				3	
9				6				7
		3				1		
5				8				6
	2				5			1
			2	3			9	4
		7			1	8		

Friday's Sudoku

Weather

TODAY	TUESDAY	WEDNESDAY
MAX: 3° MIN: -3°	MAX: 0° MIN: -4°	MAX: -4° MIN: - 8°

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